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# Moulding Of Professional And Personal Features Of A Character Of Future Specialists On Health

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## ABSTRACT

The following article is studying and considering the results of the research work on the subject matter: personal example on the part of specialists on health in their activities in institutions of physical rehabilitation as well as their acquiring both physical and personal features of a character by the virtue of traditional Vedic (ancient Indian) knowledge such as Ayurveda and Bhagavata-Purana, which in turn contain some practical recommendations pertaining to support of health and development of consciousness on the basis of profound unity both of spiritual, psychological as well as physical state of a person.

**Keywords:** traditional Vedic knowledge, personal example, development of consciousness.

## 1. INTRODUCTION

The educational systems of a lot of countries all the world over implies and includes the process of studying of information on different trends, branches of science, technique, medicine, pedagogic, etc. Pertaining to acquiring the professional abilities of the specialists, that in turn are to be realized by them in their working activities for the common good of the nation at all. Nonetheless, as a rule, there is the problem disturbing every leader, manager and common people as well: what personal features of a character are to be possessed by the specialist as an individuality; whether the professional abilities of the specialist correspond to his inner psychological and spiritual state. In other words whether is it possible to entrust one's own health, problems and even life itself to such a specialist. That's, in other words, the activities of the specialist-to-be on health must be organized in such a way, so that be no any discrepancy between his thoughts, words and actions together. Therefore, it must be taken as a principle, as the basis of moulding such a state, the personal example in everything, beginning from the aspects of one's private life (state of health, healthy way of life, family relationships, spiritual self realization) and to the social life (relationships with friends, colleagues and state as well).

## 2. RESULTS

### The Way to Solve the Problem

It's Vedic knowledge that can give a tangible assistance in solving the problem. After all, the above mentioned knowledge has been verified by time and used in India. To this ancient knowledge that was recorded in Sanscrit by the great sage Vyasadeva more than 5 000 years ago, belong such classic works as Rig, Atharva, Yajur, sama Vedas, Itihasas, Puranas, Upanishads and others. One of the additions to the Vedas is Ayurveda – the science of life, the knowledge on natural and healthy way of life. The history asserts that Tibet, Chinese medicine, the medicine of Avicenna take their beginning from this (Ayurveda) ancient science. Thus the return to the science gives an opportunity to students to enrich themselves with such an unique knowledge as well as to successfully utilize it in their both working and private life.

Teacher who has a desire to teach his disciples, pupils the bases of mathematics, physics, history, language and literature, must know his own subjects in a perfect way. It's the fact accepted by everyone. So, following the generally accepted system, we can make a conclusion herein: one who possesses a good health and natural way of life gets able to teach others to become healthy. Usual logic demonstrates that life comes from life; philosophy and science come from knowledge; purity comes from saintly life; whereas health



comes from asceticism. A person who abides by proper systems of sanitation can really teach other people the principal rules and regulations of healthy way of life on the basis of one's own health and knowledge as well. Nevertheless, such rules shouldn't be artificially invented or concocted either. It's necessary herein that the above mentioned rules correspond to the main, principal customs of some particular traditional system as well as be verified by time.

The Occidental medicine has come up to an amazing level in surgery, computer and laboratory diagnostics. Then, why should we apply for Ayurveda? Why does the whole world apply for it nowadays?

Vedas are the unique system of knowledge. It's based on the principle that everything is inter relative and mutual reciprocal and requires both equilibrium and harmony. Everything – beginning from eruption of volcano lava and to flickering of tend butterfly's wings, - is nothing but manifestation of cosmic energy in oneness. Thus, it's required to exist in peace with one's own nature, people, both animate and inanimate creatures, everything surrounding us. It's needed herein to get a knowledge which in turn will help you to eradicate that evil within as well as will help you to relax and renew your strength.

Specialist on health should be a philosopher. Furthermore, only one who is a real philosopher is able to get a good doctor, - such a position of Ayurveda. Without knowing the philosophical aspects a human being is unable to help others. Explanation of philosophical bases of life is the prophylactic treatment, and what is more, sometimes even direct treatment as well. For instance, when a specialist on health says what to do and what not to do, - it's already a real treatment. It's not sometimes essentially here to prescribe medicines, it's just enough to give an advice or associate with patient. It's practically out of one's capacity to delimit clearly philosophy and practical side. Therefore those components are in tight mutual interaction. One who gives an advice as well as recommendation, first of all should oneself practice this system of knowledge and possess the professional experience.

The image of a specialist on health in Ayurveda is the personality of a sage, who cures not only a body, but, first of all, a soul. The main duty of his is to awaken one's highest consciousness within the core of the patient's heart. And only then to utilize herbs as well as other methods of treatment.

Specialist on health should be self realized person. Even in the case of his having learnt the science of Ayurveda in a perfect way, if he hasn't attained the level of self realization, or otherwise has been more interested in fame and riches, then he will never be a good specialist at all. And all this due to the specialist's being unable to point out the patient the highest goal of life – realization of the Absolute Truth.

The duty of the greatest import on the part of the specialist on health here is to teach people pure and spiritual way of life, because the specialist himself must be sufficiently pure person.

Occidental medicine and educational system of the nowadays are striving to remove the religious aspect out of treatment and education. This very step was necessary for the purpose of scientific generalization of reliable returns. The scientific world has disowned from religion and gradually turned into the scientific sphere of knowledge. On the one hand all this has resulted in developing some certain branches of science. On the other hand – to their commercialization. Having excluded the religious aspect, the traditional system of medicine has lost the essence of that for what's sake both upbringing and curing are existing.

If the physical sufferings are unavoidable in this material world, then human being should learn the way of life when these very sufferings wouldn't disturb his emotional state inwardly. Furthermore, a human being shouldn't degrade due to these sufferings, but otherwise should get stronger and wiser. Nonetheless, for the purpose of spiritual self elevating it's required for a person to be developed in details, in all sides: physically, emotionally, and intellectually. The goal of Ayurveda herein, first of all, is to give an aid and strength to any human being upon his path of self realization.

The duty of Ayurvedic specialist on health is to awaken within the patient the goal of human being's life. Therefore, according to Vedic conception, the human being's longing for long and healthy life can be practically realized via cognition of one's own genuine essence, via resuming the mutual relationships with the initial source of all causes. The consultations on spiritual topics are one of the most important aspects of activities of the specialist on health. It's needed to demonstrate the patient his own inner spiritual nature as well as to awaken his own responsibility in his attempts to realize his nature. It's the best remedies. Simultaneously, it's the constructive way directed towards moulding a new reality. For instance, connection between spirituality and onchological diseases has been proved by modern scientific researches. Well-known American psycho onchologist, doctor Simmonton asserts that all his patients have had their cancer due to their having unsolved problems in their spiritual lives.

Vedic knowledge teaches not only the way to cure different diseases, but at the same time explains how different aspects of life help us or hinder the spiritual advancement of a person. That's why Vedic knowledge brings to light the following aspects of life: diet, regime, work, relationships with people surrounding us, environments, as well as how to put in order one's private life with the purpose of getting focused on the question of spiritual self realization.

### 3. CONCLUSION

Study of Vedic knowledge on health gives an opportunity to students: to acquaint with the most ancient medical system in India – Ayurveda; to acquire basic practical skills and habits pertaining to healthy way of life; to realize the necessity of getting rid of harmful habits; to improve the qualitative side of life by the virtue of rectifying the personal features of a character for better. Such an approach helps to mould both professional and personal features of a character of the future specialist on health.

### 4. ACKNOWLEDGMENTS

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